

10 mile 8 Week Training Guide

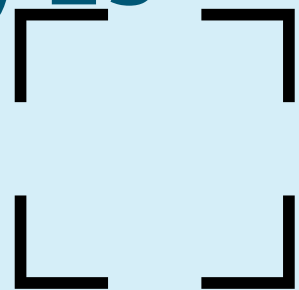


Gearing up for the Beers & Gears Ride but don't know how to get started? Check out our Training Guide!

For each week of successful training, put a sticker or star in the box!

Week 1 - May 19 - May 25

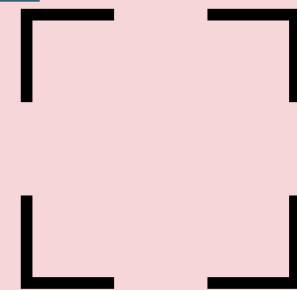
Tuesday: 10 min flat ride
Thursday: 20 min flat ride
Saturday: 10 min flat ride



Monday/Wednesday/Friday are rest days! Take the time to stretch and take care of your joints!

Week 2 - May 26 - June 1

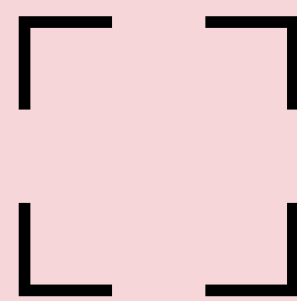
Tuesday: 15 min flat ride
Thursday: 25 min flat ride
Weekend: 25 min flat ride



Monday/Wednesday/ one day on the weekend are rest days!

Week 3 - June 2 - June 8

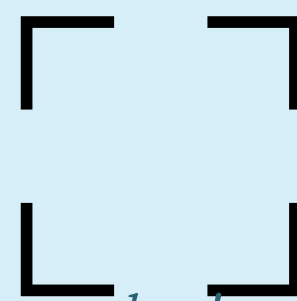
Tuesday: 25 min flat ride
Thursday: 10 min spin
Friday: Body Weight training of your choice
Weekend: 30 min flat ride



Monday/Wednesday/ one day on the weekend are rest days!

Week 4 - June 9 - June 15

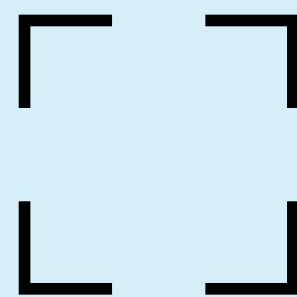
Tuesday: 30 min flat ride
Thursday: 15 min spin
Friday: Body Weight Training
Weekend: 40 min flat ride



Monday/Wednesday/ one day on the weekend are rest days!

Week 5 - June 16 - June 22

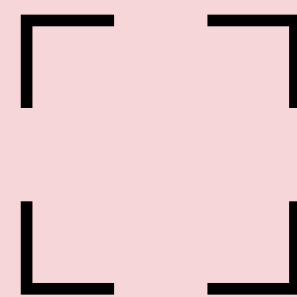
Tuesday: 35 min ride - include some elevation
Thursday: 15 min spin
Friday: Body Weight Training
Weekend: 35 min flat ride



Monday/Wednesday/ one day on the weekend are rest days!

Week 6 - June 23 - June 29

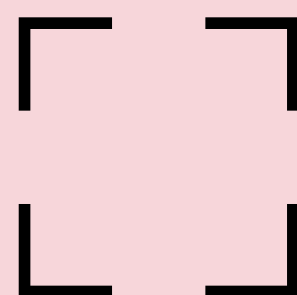
Tuesday: 40 min varied ride
Thursday: 20 min spin
Friday: Body Weight Training
Saturday: 50 min flat ride



Monday/Wednesday/ one day on the weekend are rest days!

Week 7 - June 30 - July 6

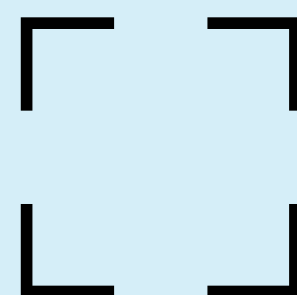
Tuesday: 50 min ride - include steep climbs
Thursday: 30 min spin
Friday: Body Weight Training
Saturday: 60 min easy ride



Monday/Wednesday/one day on the weekend are rest days!

Week 8 - July 7 - July 13

Tuesday: 40 min steep ride
Thursday: 30 min spin
Friday: Gentle stretching
Saturday: EVENT DAY!



Monday/Wednesday are rest days! Celebrate on Saturday!

Take a weekly picture of your completed sheet and post it on social media!

Tag us on Facebook or Instagram

Facebook: ALS Northwest

Instagram: @ALSNorthwest